

Opioids & Heroin

Prepared by Erin Foster

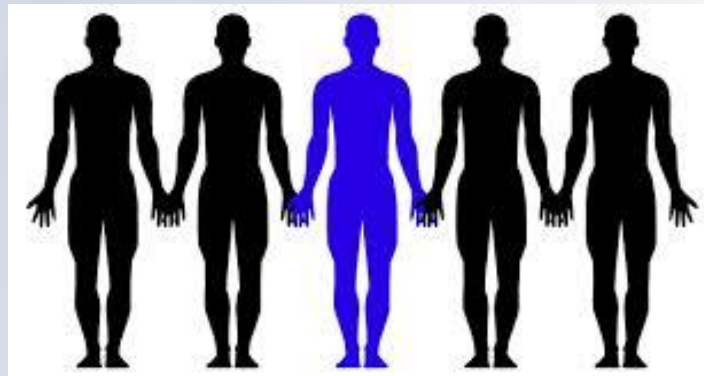
Advanced Prevention Specialist

Director of Prevention, Area Substance Abuse Council

efoster@asac.us



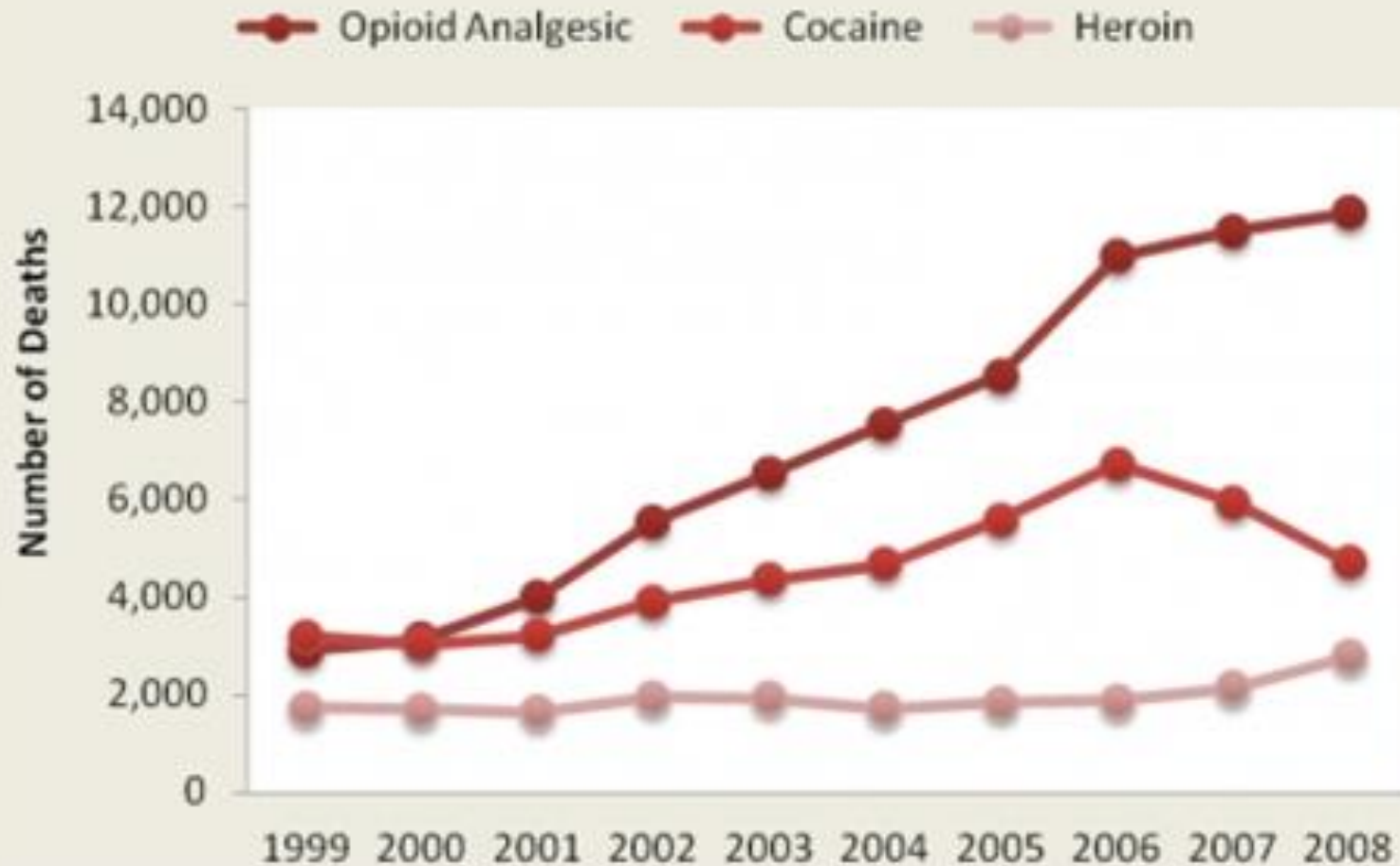
1 in 5 Americans
misuse Rx drugs
once in their
lifetime



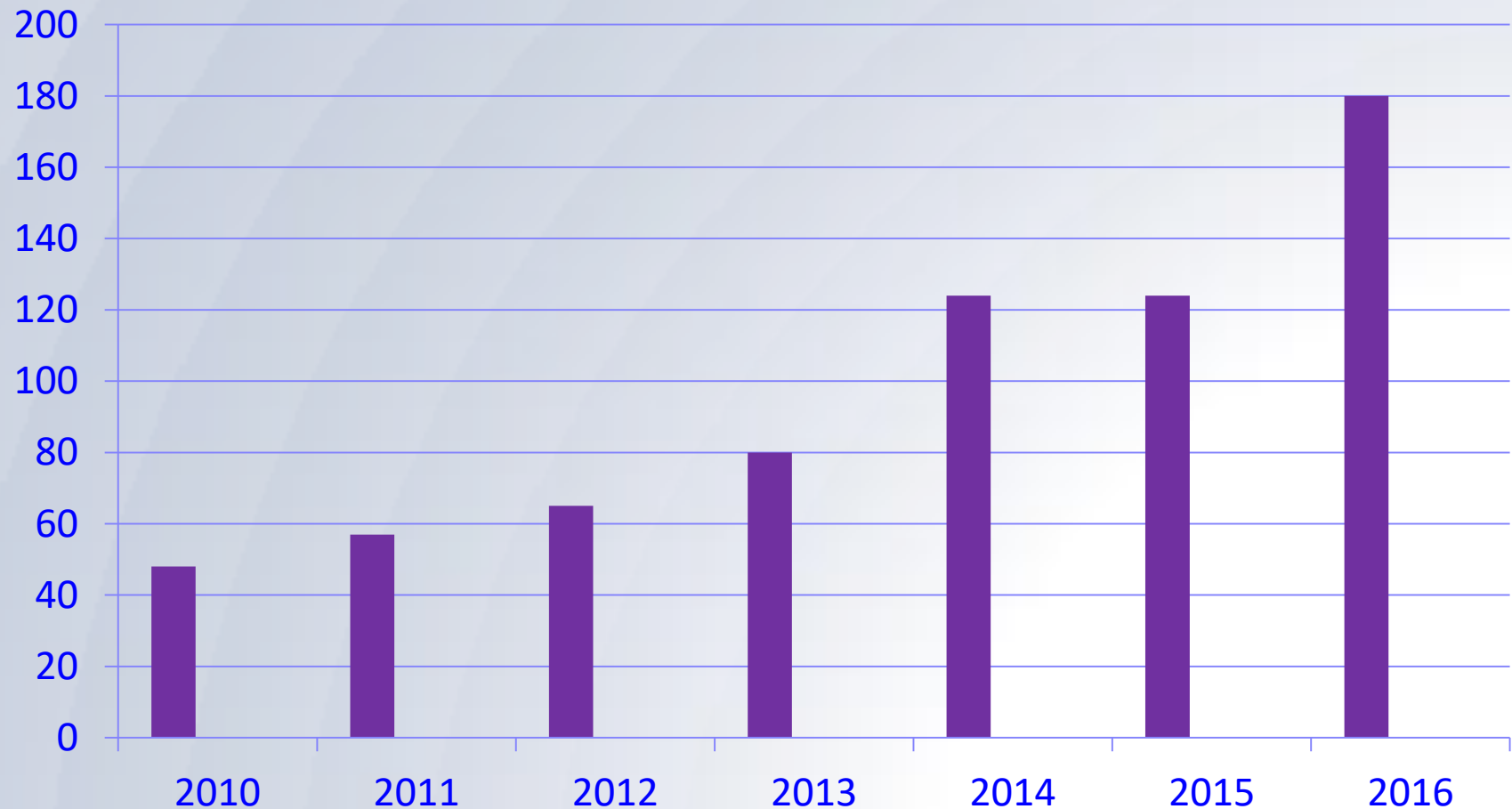
What Happened With Opioids?

- *Misperceptions about their safety.*
 - Because these medications are prescribed by doctors, many assume that they are safe to take under any circumstance
- *Increased environmental availability*
 - Between 1991 and 2010, opioid analgesics from about 75.5 million to 209.5 million
- *Varied motivations for their abuse.*
 - Underlying reasons include: to get high; to counter anxiety, pain, or sleep problems; or to enhance cognition
 - *Whatever the motivation, prescription drug abuse comes with serious risks

Unintentional Drug Overdose Deaths by Major Type of Drug, United States, 1999-2008



Cedar Rapids Statistics



Linn County Youth Statistics

11 th graders that reported moderate to great risk when using medication prescribed to someone else		
2012	2014	2016
81%	80%	78%

6 th graders that reported moderate to great risk when using medication prescribed to someone else		
2012	2014	2016
73%	70%	69%

ASAC Statistics

2007	Primary	Secondary	Tertiary
10 - 14	0	0	1
15-19	3	8	14
20-24	6	7	2
25-30	5	11	8
31-40	17	10	4
41-50	5	7	3
51-60	3	1	0
60+	0	0	0
Total	39	44	32

2016	Primary	Secondary	Tertiary
10 - 14	0	3	4
15 - 19	3	27	40
20 - 24	9	22	21
25 - 30	27	36	25
31 - 40	24	40	30
41 - 50	5	7	6
51 - 60	4	4	1
60+	1	1	1
total	73	140	128

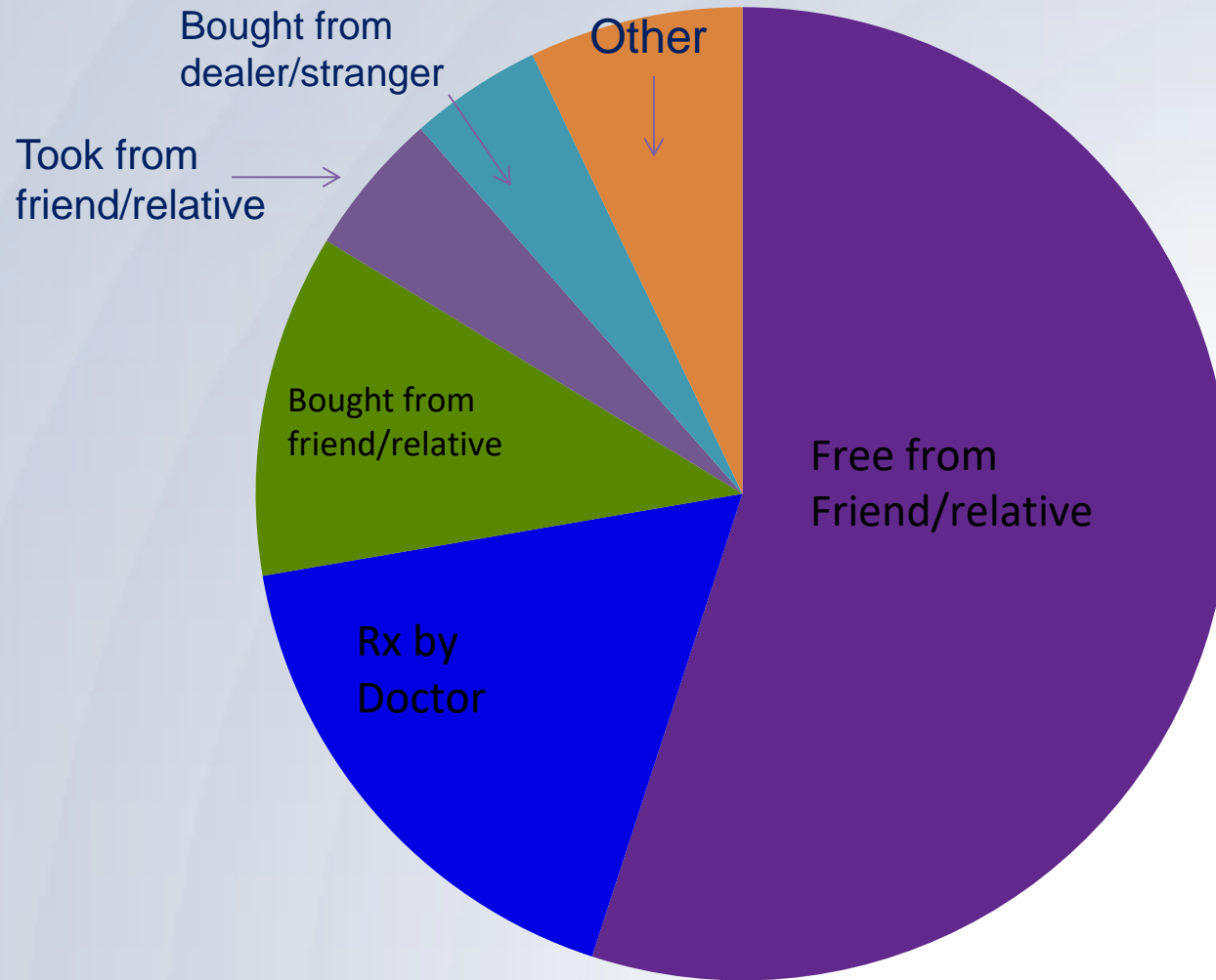
National Stats

- Overdose in the US hit all time high in 2015
 - Over 28, 000 or 78 People a Day
 - 2000 Data: 8,000 OD
- According to the World Health Organization (WHO), more than 2 million Americans are addicted to prescription opiates

Staggering Statistics

- Between 2013 and 2014, rate of death involving natural and semisynthetic opioid pain relievers, heroin, and **synthetic opioids**, (e.g., fentanyl) increased 9%, 26%, and **80%**, respectively.

Where do they get it?



Access

- Friends & Relatives
 - Unlocked, easy access to medications
- Doctor Shopping
 - Going from doctor to doctor to receive prescriptions
 - Parents using medication that was given to their children
- Online
 - Some websites that don't require prescriptions
 - Not licensed
 - Can include meds that are not FDA approved

WHY ARE HEROIN & RX MENTIONED TOGETHER?

A Look Back Into History

- In 2001: Joint Care Commission Pain Management
 - “If patient is experience pain, appropriate care should be made available”
- Aftermath
 - 300% increase of sale of opioids
 - Doubling of drug overdoses, most due to Rx Drugs



A Look Back into History

- 2003- AMA's Pain Management Medical Association
 - “There’s something good in all drugs, but all drugs can be misused and abused”
- 2012- Legislature looks to monitoring systems to create database health care providers can check before prescribing



Positive Affects of I-Stop Law

New Tamper-Resistant OxyContin Tablets to be Released August 2010



Negative Aftermath of I-STOP Law

- Core of Opioid Epidemic
 - Movement from becoming addicted to no longer accessible
- Nearly 80% of people who started using Heroin previously used Rx Drugs Illegally
- Of people abusing Rx Drugs (especially Opioids), over 3.6% will start using Heroin within 5 years, and more as years go on

Another reason...

- “Why am I paying \$1 per one milligram for every pill when for a tenth of the price, I can get the equivalent dose of Heroin for much cheaper?”



Short Term Effects of Heroin Use

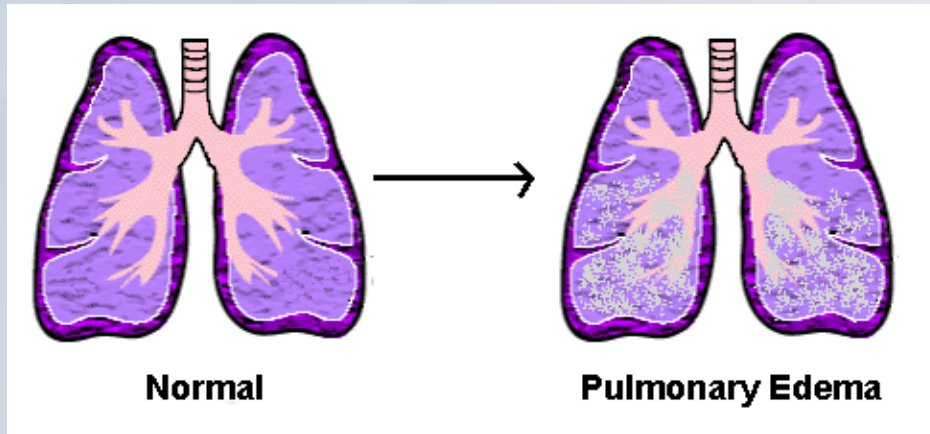
- Shortly after using, a feeling of euphoria, in which they have a warm flushing of the skin
- a dry mouth
- feeling of having "heavy" arms and legs
- After the initial rush, an alternately wakeful and drowsy state sometimes called "on the nod."

Effects of Heroin Use

- Long Term Effects
 - **Heart Disease**
 - Infection of the heart lining and valves
 - **Liver disease**
 - approximately 70-80% of new hepatitis C infections in the U.S. each year are the result of injection drug use

Long Term Effects of Heroin Use

- Pulmonary complications



- Skin infections and abscesses, especially among chronic injectors who suffer scarred or collapsed veins
- Increased risk of human immunodeficiency virus (HIV) and other blood-borne viruses

Signs of Heroin Use

- Needle marks
- sleeping at unusual times
- sweating
- Vomiting
- coughing and sniffing
- twitching
- loss of appetite
- contracted pupils
- no response of pupils to light



New Heroin Epidemic

- Because of its new purity, it can be smoked/snorted-
 - No need to inject which lowers stigma
 - 40% of high school seniors polled do not believe there is great risk in trying heroin
- Users today tend to be younger, more affluent, & more ethnically and geographically diverse
- Percentage of US Law Enforcement Agencies reporting heroin as their greatest concern: 8% in 2007 to 38% in 2015

Staggering Stats

- In 2016, over 63% of drug overdose deaths involved some type of opioid, including heroin
 - Number could be under reported by at least 25%
 - National Center for Health Statistics

ASAC Stats

Year	New Evaluation	New Admission
2011	17	18
	25	31
2012	35	37
2013	55	60
2014	74	67
2015	44	50
2016	45	56
Percent of Increase	165%	211%

Local Cedar Rapids Data 2015

Heroin overdoses - Police Response
Overdose Calls involving Heroin -60

Local Cedar Rapids Data

2015

Heroin overdoses - Hospital Response

Heroin/Opioid Hospital Admissions- 330

Deaths- 20

Local Cedar Rapids Data

2016

Heroin overdoses - Hospital Response

Total Number of overdoses: 874

Number of Heroin Related Deaths: 27

Greater Strengths

- Fentanyl
 - Powerful synthetic opiate
 - Similar but more potent than Morphine
 - Up to 100 Times More
- Carfentanil
 - Synthetic opioid that is 10,000 times more potent than Morphine and 100 times more potent than Fentanyl



Effective Strategies

- Iowa Prescription Drug Monitoring Program
 - Allows prescribers and pharmacists to check prescription history of patients

Effective Strategies

- New CDC Guidelines for Prescribing
 - Acute Short-Term Pain: Prescribed only 3 days
 - Chronic Long-Term Pain: Look to other drugs of other treatments such as PT, Acupuncture, Etc. If nothing else works: smallest amount prescribed and continue ONLY if significant Improvement

What Can I Do?

- Educate, Educate, Educate
- Talk with your Medical Provider
- Talk with local Law Enforcement
- Talk with Local Pharmacy
- Talk with Youth about dangers

Available resources

Facebook

Area Substance Abuse Council
Prevent Iowa Youth Addiction
C.R.U.S.H.

Sites

www.rxdrudropbox.org

<http://www.drugs.com>

<http://www.webmd.com/pill-identification/default.htm>

<http://www.iowamedicinetlc.org/>

<http://www.nida.org>

<http://www.samhsa.gov>

Thank you for your time.

Questions?

Erin Foster

Linn County Director of Prevention

Area Substance Abuse Council

efoster@asac.us

390-1884 Ext: 213

